



FOUR SUNDAYS **2/28-3/20 4-7PM** **NEW YEAR NEW** **YOU**

Mind, Body, Spirit Symposium

Let 2016 become your best year yet with helpful classes and interactive demonstrations that guarantee success!

FREE FOR ALL PARTICIPANTS

**Free Healthy
Dinner 5-6**

**Pick and Choose
Your Individual
Class Courses and
Times**

**Make New Like
Minded Friends to
Help Achieve Your
Goals**

**Don't Just Live –
THRIVE!**

**Go to Facebook
Page *EFC New
Year New You* for
course options
and times**

EMMANUEL- FRIEDENS CHURCH

218 Nott Terrace
Schenectady, NY 12307
(518) 374-4114

[.emmanuelfriedens.org](http://emmanuelfriedens.org)

Classes are approximately
1 hour between 4-5 & 6-7
Weekly